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December 2024

Active and Flexibility - FS, Year 1 and 2

Dear Parents/Carers,

We are very excited to be offering a Gymnastic style club for Spring term, called Active and Flexibility with Mrs Norman- Shaw. This club will be on a Thursday morning for 30 minutes 0815-0845.

This will be available for Reception, years 1 and Years 2. I am excited to be offering Active and Flexibility as an extra curricular school club for all abilities. Over the last 10 years I have built up my own gym club and worked as head coach throughout this period. I have extensive knowledge of the sport and I teach and develop children from age 4-16 so this class I am offering will be available to all age groups. After competing at county level myself when I was younger, it felt like a natural progression for me to stay in the sport. My highest qualification is Women's Artistic Level 3 and I also have qualifications in pre-school, along with being first aid trained. Seeing how gymnastics can help young people stay in good physical and mental condition is the reason I do what I do, watching them build friendship groups and most importantly, having fun. The classes will involve games, group activities and learning new skills. We live in a digital world so getting out and being active works well for the body and mind. I hope this will be of interest to you, and I look forward to your response and interest.

This club will take place from 0815 – 0845 each Thursday starting **Thursday 16th January and finish on Thursday 27th March. Pupils will need their indoor PE kits for these sessions and arrive ready in their kits.**

There are 10 spaces available and it will be on a first come first served basis. The cost will be £2.00 per session. The total for 10 sessions is £20.00.

Please visit your Arbor Parent App to book a place.
Thank you

Mrs Norman-Shaw

